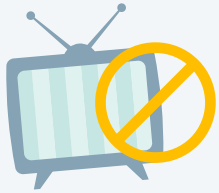


### TIPS FOR YOUNG PEOPLE

### TIPS FOR PARENTS



Spend less than  
**10 MINUTES A DAY**  
watching or listening to  
news about the virus.

1



Avoid listening to  
the news more than  
**1-2 TIMES A DAY**  
and reading out bad news  
from the internet/social media.



Ask a parent, teacher or trusted person if you have  
**QUESTIONS ABOUT THE VIRUS**  
and tell them if you are feeling scared or worried.

2

Answer your child's questions about the virus  
**BUT STICK TO THE FACTS**  
and use trusted sources like the WHO.



**STAY CONNECTED**  
to your friends but try to  
talk about things other  
than the virus.

3

Reassure your child and give  
**OPTIMISTIC AND  
CALM RESPONSES**



Focus on what they can do right now.



### MAKE A LIST OF ACTIVITIES

that you can do with your family and  
friends - start a journal or blog, do a  
puzzle, e-visit the Louvre, train the dog.



4



### GET CREATIVE

Set-up some simple and  
fun activities for at home  
or in non-crowded places.



### WRITE A LIST AND DRAW

10 good things in your  
life and the world.



5

Help your child make a list of  
**10 GOOD THINGS**  
in their life and the world.



### FIND A WAY TO RELAX

Spend 10 minutes breathing  
slowly and calmly.

Imagine that you are in your  
favourite place for 5 minutes.



6



Try to stick to your regular  
**FAMILY ROUTINES**

and avoid places that  
are high risk, or you  
are directed to.



### LISTEN TO MUSIC

Choose something that  
makes you feel good.

7

### CHECK IN WITH FAMILY MEMBERS

but try to talk about other  
issues and not just bad news  
and worries about the virus.



### TELL YOURSELF POSITIVE THINGS



8



### LEAD BY EXAMPLE

Stay calm yourself. Help your child by  
sharing your own coping skills. Give  
praise when they are coping and tell  
them what a great job they are doing.